

Appendix A

The BHPS contains the 12-item version of the GHQ, based on the following questions. BHPS respondents are asked:

“Here are some questions regarding the way you have been feeling over the last few weeks. For each question please ring the number next to the answer that best suits the way you have felt. Have you recently...

- (a) *been able to concentrate on whatever you’re doing?*
- (b) *lost much sleep over worry?*
- (c) *felt that you were playing a useful part in things?*
- (d) *felt capable of making decisions about things?*
- (e) *felt constantly under strain?*
- (f) *felt you couldn’t overcome your difficulties?*
- (g) *been able to enjoy your normal day-to-day activities?*
- (h) *been able to face up to problems?*
- (i) *been feeling unhappy or depressed?*
- (j) *been losing confidence in yourself?*
- (k) *been thinking of yourself as a worthless person?*
- (l) *been feeling reasonably happy, all things considered?”*

Question (a) is answered on the following four-point scale:

- 1: *Better than usual*
- 2: *Same as usual*
- 3: *Less than usual*
- 4: *Much less than usual*

Questions (b), (e), (f), (i), (j), and (k) are answered as follows:

- 1: *Not at all*
- 2: *No more than usual*
- 3: *Rather more than usual*
- 4: *Much more than usual*

And the replies to questions (c), (d), (g), (h), and (l) are on the following scale:

- 1: *More so than usual*

- 2: *About same as usual*
- 3: *Less so than usual*
- 4: *Much less than usual*